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Substance Abuse

Goal

To increase abstinence from substances while reducing experimentation, use and abuse, especially among Kentucky's youth, thereby reducing the consequences -- violence, crime, illness, death and disability -- that result from abuse of substances at great cost and harm to individuals and society.

Overview

The combined costs of health care, law enforcement, motor vehicle crashes, crime and lost productivity caused by substance abuse have been calculated at nearly \$1,000 annually for every man, woman and child in America. Applying this figure to Kentucky's population, the consequences of substance abuse cost a staggering \$4.1 billion each year in the Commonwealth.

A great variety of serious health and social problems as well as enormous dollar costs are associated with abuse of alcohol, drugs, and tobacco. Seventy-two conditions requiring hospitalizations are wholly or partially attributable to abuse of substances. Use of tobacco, alcohol, and illicit drugs all increase the risk of hypertension, stroke, and heart disease. Tobacco is involved in one-third of all cancer deaths. Heavy alcohol use increases the risk for cirrhosis and other liver disorders, which also may result from infection with hepatitis viruses. Use of cocaine and comparable drugs can produce cardiac irregularities and heart failure, convulsions and seizures. Cocaine use temporarily narrows blood vessels in the brain, contributing to the risk of strokes as well as to cognitive deficits and memory loss.

Some of the major consequences of long-term use of alcohol or drugs include chronic depression, sexual dysfunction, and psychosis. Most substance abusers initiated use of tobacco and alcohol during adolescence and progressed to nicotine addiction, alcohol abuse, and illicit drug use. Accordingly, Kentucky's substance prevention efforts place high priority on reducing substance use and promoting abstinence among adolescents, as well as reducing experimentation by young adolescents. Adolescent behaviors are especially influenced by policies and laws that limit youth access to tobacco, alcohol, and drugs, and by interventions that alter youths' susceptibility to peer pressure, and norms and attitudes tolerant of substance use.

Summary of Progress

Of the 51 HK 2010 objectives and sub-objectives, six have been met and 11 show progress, while the rest show no progress or progress is not able to be tracked at this time. The target was achieved for Objective 26.8 which was to increase at least by one year the average age of first alcohol use by adolescents. The average age increased from 12 in 1997 to 13 in 2003. There is improvement in objective 26.17 to reduce to no more than 20 percent the proportion of adolescents who report binge drinking within the past 30 days. The number of adolescents reporting binge drinking in the past 30 days in 2003 was 33 percent, down from a 1997 baseline of 37 percent.

Progress toward Achieving Each HK 2010 Objective

Summary of Objectives for Substance Abuse	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
26.1. (DELETED)					
26.2. Achieve participation, by communities representing at least 80 counties, in comprehensive, science-based strategic planning, programming and evaluation for substance prevention, employing techniques developed through the Kentucky Prevention Evaluation and Planning System (KPEPS) and the Governor's Kentucky Incentives for Prevention Project (KIP).	31 counties (1999)	80 counties	110 counties (2005)	Target Achieved	County Survey
26.3. Achieve passage of legislation mandating Administrative License Revocation (ALR) or a program of equal effectiveness for people determined to drive under the influence of intoxicants, and a maximum legal blood alcohol concentration (BAC) level of 0.08 percent for motor vehicle drivers aged 21 and older.	Legislation submitted	Passage	Legislation enacted	Target Achieved	Kentucky Revised Statutes
26.4R. Increase the proportion of 8th grade students who report strong disapproval for use of tobacco, alcohol and other drugs to: tobacco - 60 percent; alcohol - 65 percent; marijuana - 85 percent; other drugs - 98 percent.	Tobacco 50% (2004)	≥60%	50% (2004)	N/A	KIP
	Alcohol 55%	≥65%	55%	N/A	
	Marijuana 75%	≥85%	75%	N/A	
	Other Drugs 88%	≥98%	88%	N/A	
26.5R. Increase the proportion of 8th grade students who report that none of their friends use substances to: tobacco - 70 percent; alcohol - 70 percent; marijuana - 90 percent; other drugs - 95 percent.	Tobacco 58% (2004)	≥70%	58% (2004)	N/A	KIP
	Alcohol 59%	≥70%	59%	N/A	
	Marijuana 78%	≥90%	78%	N/A	
	Other Drugs 91%	≥95%	91%	N/A	

R = Revised objective

N/A = Only baseline data are available. Not able to determine progress at this time.

Progress toward Achieving Each HK 2010 Objective

Summary of Objectives for Substance Abuse	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
26.6R. Increase the proportion of 8th grade students who perceive great risk of personal harm and/or trouble associated with regular use of substances: tobacco - 50 percent; alcohol - 35 percent; and marijuana - 80 percent.	Tobacco 41% (2004)	≥50%	41% (2004)	N/A	KIP
	Alcohol 26%	≥35%	26%	N/A	
	Marijuana 69%	≥80%	69%	N/A	
26.7R. Increase the percentages of 8th grade students who report having never used tobacco, alcohol and other drugs to: tobacco - 65 percent; alcohol - 65 percent; marijuana - 90 percent; cocaine - 98 percent.	Tobacco 59% (2004)	≥65%	59% (2004)	N/A	KIP
	Alcohol 54%	≥65%	54%	N/A	
	Marijuana 85%	≥90%	85%	N/A	
	Cocaine 96%	≥98%	96%	N/A	
26.8. Increase by at least one year the average age of first use of alcohol by adolescents.	12 years old (1997)	13 years old	13 years old (2003)	Target Achieved	YRBSS
26.9. Increase by at least one year the average age of first use of marijuana by adolescents.	14 years old (1997)	15 years old	13 years old (2003)	No	YRBSS
26.10. (DELETED)					
26.11. Reduce past month's use of alcohol among adolescents to no more than 30 percent.	49.3% (1997)	≤30%	45% (2003)	Yes	YRBSS
26.12. Reduce alcohol consumption in Kentucky to an annual average of no more than 2 gallons of ethanol per person.	2.2 gallons (1994)	≤2 gallons	1.8 gallons (2002)	Target Achieved	National Institute on Alcohol Abuse and Alcoholism
26.13. Reduce to no more than 10 percent the proportion of adolescents reporting marijuana use during the past 30 days.	28.4% (1997)	≤10%	21% (2003)	Yes	YRBSS

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Progress toward Achieving Each HK 2010 Objective

Summary of Objectives for Substance Abuse	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
26.14. Reduce to no more than 4 percent the proportion of adolescents reporting use of illicit drugs other than marijuana at any time (lifetime use).	Cocaine 8.3% (1997)	≤4%	9.8% (2003)	No	YRBSS
	Inhalants 24.7% (1997)	≤4%	14.3% (2003)	Yes	
	Heroin 3.7% (2003)	≤4%	3.7% (2003)	Target Achieved	
	Meth 9.7% (2003)	≤4%	9.7% (2003)	N/A	
	Ecstasy 6.7% (2003)	≤4%	6.7% (2003)	N/A	
	Steroids 6.1% (1997)	≤4%	7.1% (2003)	No	
	Any Injections 2.6% (1997)	≤4%	3.2% (2003)	No	
26.15R. Reduce to no more than 2 percent the proportion of adolescents reporting inhalant use during the past 30 days.	4% (2003)	≤2%	4% (2003)	N/A	YRBSS
26.16R. Reduce to no more than 3 percent the proportion of adolescents reporting ever using steroids without a prescription.	6.1% (1997)	≤3%	7% (2003)	No	YRBSS
26.17. Reduce to no more than 20 percent the proportion of adolescents who report binge drinking within the past month.	37.1% (1997)	≤20%	33% (2003)	Yes	YRBSS
26.18R. Reduce by one-fourth the proportion of Kentuckians age 18 and older who report binge drinking within the past month.	8.7% (2001)	≤6.5%	9.6% (2004)	No	BRFSS

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Progress toward Achieving Each HK 2010 Objective

Summary of Objectives for Substance Abuse	Baseline	HK 2010 Target	Mid-Decade Status	Progress	Data Source
26.19. (Developmental) Reduce by half the proportion of youth who report having driven a vehicle, or riding with a driver who had been drinking, during the past month.	16% driving after drinking (1997)	≤8%	11% (2003)	Yes	YRBSS
	36% riding with a driver after drinking	≤18%	25%	Yes	
26.20.- 26.22. (DELETED)					
26.23. Increase to 40 percent the percentage of persons who become and remain totally abstinent as a result of treatment for abuse of alcohol, drugs, or both in combination.	29.1% (1997)	≥40%	44.5% (2003)	Target Achieved	KTOS
26.24.– 26.26. (DELETED)					
26.27R. Reduce by half the proportion of Kentucky adolescents who report considering or attempting suicide during the past year.	Considered 22% (1997)	≤11%	18% (2003)	Yes	YRBSS
	Made plan 17%	≤8.5%	15%	Yes	
	Actual attempt: 8%	≤4%	10%	No	
	Treatment: by doctor as result of attempt 3%	≤1.5%	4%	No	
26.28. Reduce to the following levels the percentages of adolescents who report experiencing problems or trouble as a consequence of using alcohol or drugs.	Trouble w/ family 9% (2004)	≤8%	9% (2004)	N/A	KIP
	Trouble w/ friends 12%	≤11%	12%	N/A	
	Trouble w/ police 3%	≤2%	3%	N/A	
	Problems in school 8%	≤7%	8%	N/A	

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